

# The STATES of HAPPINESS

ACHIEVING BLISS IS COMPLICATED, NO MATTER WHERE YOU ARE IN THE WORLD

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In a 2012 study in war-torn **Afghanistan**, three times as many people said they were happy as said they were unhappy

**Singapore** has one of the highest per capita GDPs in the world, a low unemployment rate and an enviable education system yet is home to the world's least positive-minded population

Debt-laden **Ireland** faces a gloomy economic future, yet its population is among the cheeriest on the planet, reporting high levels of well-being and contentedness

Once the suicide capital of the world, **Finland** is now a significantly happier place; suicides have drastically decreased, and in 2012, nearly 7 out of 10 Finns said they considered themselves happy

**China's** economic boom in recent decades has corresponded with a decline in its citizens' life-satisfaction rate

ASIA

EUROPE

They may have suffered through a near crippling economic downturn and regularly face long, hard winters, but people in **Iceland** have the strongest sense of community and the closest social networks in the world—big factors in leading a happy life

NORTH AMERICA

Decades of civil war and poverty in **Guatemala** have led to a proliferation of violent crime, yet its people are among the sunniest in the world

CENTRAL/SOUTH AMERICA



**Mexicans** boast higher-than-average levels of happiness despite enduring a long-running drug war that has claimed tens of thousands of lives

**Panama** reports the highest levels of happiness, although almost a third of the population lives below the poverty line

AFRICA

AUSTRALASIA

Despite facing high levels of violence, women in **Brazil** are among the happiest in the world, reflecting the country's progress in female literacy and employment

By some measures, **Botswana** is the saddest country in the world, with low levels of well-being and life expectancy, yet it's one of the highest-ranking sub-Saharan countries in terms of economic progress

Despite growing up in a country ravaged by war, 80% of **Somali** youth say they are happy

Nearly 9 out of 10 **New Zealanders** are content with their lives, but only a third are happy at work

When it comes to work-life balance and life satisfaction, **Canadians** score significantly higher than Americans while making considerably less money

**South Africans** are happy at work, but that's for the lucky few who have a job; their nation has one of the world's highest unemployment rates

The gap between rich and poor is widening, yet **Australians** enjoy a higher-than-average sense of community